

Grief is Natural...

But many of the ideas and messages we have been taught about dealing with grief, however well meaning, are not helpful.

Moving Beyond Loss

Obviously, recovering from a significant emotional loss, whether it is a death, divorce, or other loss, is not an easy task. Taking the actions that lead to recovery will require your attention, open-mindedness, willingness, and courage. The skills of grief recovery will heal your heart when it is broken and in turn allow you to participate 100% in all of your relationships. With the knowledge and freedom brought about by completing losses comes the additional benefit of allowing you to love as totally as possible.



Tim Boulton: An Introduction

Tim Boulton, Hons. B.A., B.Ed., M. Div., OACCPP, is a Transitions Coach and Grief ♥ Recovery® Specialist, trained and certified by The Grief Recovery Institute.

Tim is a Psychotherapist in private practice in downtown Guelph, Ontario. Tim has personal experience and professional insight into the journey of deep loss, mourning and grief. He has 25+ years experience in teaching and counselling as an ordained minister and Hospital Chaplain. At the age of 41 Tim became a young widower, the father of three young children. Tim knows, personally, the path of grief recovery and healing. He has re-discovered renewal, energy and passion, and feels compelled to share his story and experience in service to others.

Tim *Will Walk With You* along your journey, creating a safe environment in which to discover your healing, completion and renewal.

M
Gilbert MacIntyre & Son

is proud to present

Walking With You
A Companion on Your Journey



Grief Recovery
Moving Beyond Loss

Tim Boulton
Certified Grief ♥ Recovery® Specialist

www.WalkingWithYou.ca
519-831-2082
tim@walkingwithyou.ca

Grief

The Definition

Simply defined, grief is the normal and natural reaction to significant emotional loss, of any kind. Our deep and mournful feelings are normal and natural. We do not grieve partially...Grief is experienced 100% in each moment it is present. The range of emotions associated with grief is as varied as there are people and personalities. While any loss list would include death and divorce as obvious painful losses, our personal list may also include: career change (retirement), moving, pet companion loss, financial, health issues, and many others.

Grief is individual and unique. As every relationship is unique, so are the feelings and thoughts each person will have about the relationship that has been altered by death, divorce, or other reasons.

The Problem, The Pain

While grief is normal and natural, most of the (well meaning) information passed on within our society about dealing with grief is not helpful. Grief is the *emotional* response to loss, however, most of the information we have learned about dealing with loss is *intellectual*. We have identified six assumptions about dealing with loss that are so common and prevalent in society that nearly everyone recognizes them. Most people have never questioned whether they are valid.

Time Heals All Wounds

Don't Feel Bad

Grieve Alone

Be Strong

Replace the Loss

Keep Busy

The misinformation that “time heals all wounds” conveys the idea that a person only has to wait and they will “feel better”. Some people have waited decades without feeling better and, not only has time not healed, the unresolved grief over this passage of time has compounded the pain. The remaining five assumptions carry equally unhelpful messages.

The Solution – Moving Beyond Loss

Recovery from loss is accomplished, in part, by discovering and completing the undelivered communications in our relationships. If you find yourself having conversations in your head with someone you cannot speak to in person, thinking of the *better, different, or more* replays, this program offers a safe way through your experience toward the *completion* of your grief.

Completion of pain caused by loss is what allows us to let go of what might have been, hold on to the goodness of what was, and move into being present to our lives *now*. After losses of all kinds, we are often advised to “let go” and “move on”. Most of us would do that if we knew how. To move forward we must first take a

series of incremental reflections and actions, leading to the completion of the pain of our loss.

Safety... and Small Actions Steps

Your Grief Recovery does not have to go on indefinitely. *The Grief Recovery® Program* is an 8 week program that creates the safety and action choices that help people *move beyond* the pain caused by loss, each session building upon the insights and healing of the previous session. This program can be experienced either in a one-to-one individual setting or within a small group setting (family, co-workers, etc.) *The Grief Recovery Handbook*, 20th Anniversary Edition (HarperCollins 2009), is used as the guiding text for the *The Grief Recovery® Program*. The price is ____, which is the only cost to you. Each experience creates a safe environment in which to:

Look at old beliefs about dealing with loss

Look at how all of your losses have affected your life

Consider what habits and behaviours you are engaging in to consciously or unconsciously distract yourself from your sadness

Take new helpful actions which lead to completion of the pain attached to a recent loss, or one that occurred long ago.